

Dehydration

Dehydration can occur with persistent and severe vomiting and diarrhea.

Warning Signs of Severe Dehydration:

CONTACT OUR OFFICE IMMEDIATELY IF YOUR CHILD SHOWS ANY OF THESE SIGNS:

1. Excessive sleepiness, listlessness, difficult to arouse
2. Dry tongue and inner cheek
3. No tears produced when crying
4. Sunken eyeballs
5. No urine in last 12 hours

MILD DEHYDRATION

PUSH FLUIDS FOR MILD DEHYDRATION

1. Plays less than usual
2. Urinates less frequently
3. Fewer tears when crying
4. Dry mouth/lips

PREPARE YOUR OWN ORAL REHYDRATION SOLUTIONS

Starch-based solution

1 quart of water

1/2 teaspoon of salt

2 oz. (approx. 1 cup) of baby rice cereal

Sugar-based solution

1 quart of clear water

1/2 teaspoon of salt

8 teaspoons of sugar

Use clean water, if in doubt, use bottled water. Measure ingredients accurately, using measuring spoons. Keep solution in the refrigerator.